

c-card

Hertfordshire



c-card is a sexual health scheme running in Hertfordshire for young people up to the age of 25 years.

Choices

Condoms

Chlamydia

Contraception

c-card Hertfordshire is a sexual health scheme which aims to help young people to:

1. Make the right **CHOICES** regarding relationships
2. Get free **CONDOMS** to prevent unplanned pregnancies and reduce Sexually Transmitted Infections (STIs)
3. Get tested for **CHLAMYDIA** and other STIs
4. Understand other types of **CONTRACEPTION** available



Choices

Although the age of consent for gay and straight sex is 16, it's not necessarily the right age for you to start having sex. There are no rules about how long you have to be going out with someone before you do it. Being ready happens at different times for everyone – don't decide to have sex just because your friends are pressuring you.

You can always choose whether you want to have sex, whoever you're with. Just because you've done it before, even with the same person, doesn't mean that you have to do it again.

Working out whether you're ready is one of life's big decisions. You're the only one who can, and should, decide. Remember, even if you do decide to have sex, it is completely OK to say no or stop at any point if you don't want to continue.



Condoms

Whether you're a young man or a young woman, straight or gay, if you're aged 13-24 and live in Hertfordshire, you can pick up free condoms from a 'Registration or Easy Access Point' where you see this logo →



What Happens at a Registration Point?

- You will be asked some questions about your sexual health by a trained professional. This is just to support you in making the right choices.
- You will be asked to give your initials, date of birth and part of your postcode. This enables us to see where young people prefer to get their condoms. (Nothing will be sent to your home address)
- You will have the opportunity to discuss how to use a condom safely and ask any questions you may have around sexual health.
- You will then be issued with a card which contains a unique ID number. You will need this every time you pick up your free condoms.
- You will receive condoms, lube and information leaflets when you have completed your registration.
- A registration meeting takes approximately 20 minutes. Remember, all sessions are fully confidential*

What Happens at an Easy Access Point?

- You will only be able to pick up condoms when you show your c-card.

Before you go to a c-card point, visit www.ccardherts.co.uk This will give you the address and opening times for all Registration and Easy Access Points within Hertfordshire.

(*Confidentiality will only be broken under very exceptional circumstances e.g. if, in our professional judgement, we believe there is a risk of abuse or harm to oneself or others.)

Chlamydia

Chlamydia is a sexually transmitted infection which affects both men and women. 1 in 10 sexually active young people under the age of 25 are thought to have Chlamydia and therefore are most at risk, however, people of all ages can be affected.

As most people have no symptoms, people can live with Chlamydia without knowing it for a long time, however, once the infection has been detected, it can be easily treated with antibiotics. Even if you have had Chlamydia before, and were treated successfully, you are still at risk of catching it again. Using a condom will greatly reduce your risk.

If left untreated, having Chlamydia could result in you becoming infertile (not being able to have a baby).

Some registration points can provide free Chlamydia tests, which is a simple pee in a pot test. You can also get a free testing kit from www.freetest.me or text TEST followed by your age and postcode to **60777**.



Contraception

Contraception allows you to choose when and if you want to become pregnant. Most kinds of contraception are used by girls, but both partners have a responsibility to consider what they will use. A pregnancy will affect both of you.

Condoms are one type of contraception and also protect you against sexually transmitted infections (STIs) but there are many other different types of contraception.

For more information about sexual health and to find your nearest Contraceptive and Sexual Health Services contact:

Sexual Health Helpline: 0800 567 123

Or visit www.nhs.uk/worhtalkingabout

NHS Direct 0845 4647

(24 hours a day, 7 days a week)

Registration and Easy Access Points will also be able to provide information on sexual health issues and local services.

What's your view on the service?

We want to continually improve our services for young people. If you have any comments, complaints or ideas we want to hear from you. Please email: ccard@hertsgov.uk